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WHAT, NO OCEAN'S 14?

DIRECTOR STEVEN SODERBERGH IS RETIRING DESPITE PRAISE FOR HIS LATEST FILM. HERE'S WHAT YOU MAY NOT KNOW ABOUT HIS LEGACY PAGE 13

Big Move needs a big commitment

Proponents of Metrolinx's new transit plan face their biggest hurdle yet — getting politicians to raise taxes PAGE 3

Crack of a bone but no snap of a cam

Man struggles to prove that a G20 cop's riot shield broke his shoulder, as there are no pics of this happening PAGE 5

Don't ever change, Lawrie

Well, maybe just a bit. Blue Jays accept Brett Lawrie's apology after his latest outburst, because "his intensity is what makes him good" PAGE 21

NEWS WORTH SHARING.

Toronto Mayor Rob Ford makes a statement to the media after the resignation of his communications aides George Christopoulos and Isaac Ransom on Monday. For the latest on this story, download the Metro news app. On page 4: A senior staff member in Ford's office was interviewed in relation to allegations involving the widening crack-video scandal. CHRIS YOUNG/THE CANADIAN PRESS

Police look into homicide victim's phone: Sources

Anthony Smith shooting. 19-year-old photographed with Rob Ford was also injured in violence that killed his friend

One of the men in a controversial photo of Mayor Rob Ford and homicide victim Anthony Smith was injured in the same shooting that claimed Smith's life, Torstar News Service has learned.

Muhammad Khattak, a 19-year-old living in north Etobicoke, was hit in the arm and back the same night Smith was killed two months ago outside a King Street nightclub.

A photo of Ford arm-in-arm with three young men was given to Torstar News Service by a man who later showed reporters a cellphone video of Ford smoking from what appears to be a crack pipe.

Two sources, one with the Toronto police and another involved in politics, say homicide detectives are now investigating whether that phone originally belonged to 21-year-old Smith. (There is no indication Khattak or the third young man is involved in either the video or the drug trade.)

Homicide detectives did not return calls.

Khattak's mother, who identified herself as Zen, said she asked Khattak what he was doing in the nighttime photo, in which Ford is casually dressed and Smith is apparently drinking.

"He said: 'Was I drinking? Was I smoking? Did you see anything with me?'" she said.

Zen said Khattak told her everybody wanted to take photos with the mayor. He would not give her any more details about the night.

Torstar reporters were contacted about the footage four days after Smith's death.

Khattak's mother said she has no idea how her son or Smith ended up involved in a shooting.

"I'm still shocked. This kid was a very good kid too," she said, gesturing to Smith's photo, her eyes puffy and pink.

"My son, I know him, he's a very innocent kid. They're friends." TORSTAR NEWS SERVICE

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Crime

Mom charged in newborn's death

A 25-year-old woman has been charged with murder in the death of her newborn baby after police were called to a Toronto hospital last week.

Hospital staff called police on Thursday after a woman arrived for care. Staff determined she had just delivered a baby, "but there was no baby," said Const. Victor Kwong.

Police conducted an initial investigation that compelled them to call in homicide investigators, Kwong said.

He could not say what specifically police found.

Despite being unable to locate the baby's body, police made an arrest Friday.

Angelica Spanidis, 25, of Toronto has been charged with first-degree murder. She appeared in court on Monday. TORSTAR NEWS SERVICE

Googlers gaga for Ford

Trending for all the wrong reasons

If Google is any indication, Mayor Rob Ford is a fame monster.

After news broke of a video allegedly showing him smoking crack, searches for Ford lit up, outpacing those for U.S. President Barack Obama and Lady Gaga.

Rob Ford
TORSTAR NEWS SERVICE

Meanwhile, U.S.-based website Gawker hit its fundraising goal of $200,000 Monday to purchase the video. LUKE SIMCOE/METRO

Just hand him a football and call him Rob

Canadian screenwriter-actor Seth Rogen and fellow Canuck writer Evan Goldberg stopped by MuchMusic HQ on Monday to chat with New.Music.Live host Lauren Toyota, not pictured, about the new movie they co-directed called This is the End, an apocalyptic comedy opening June 12. Funny guy Rogen talked about wanting to play Mayor Rob Ford in a movie.

CONTRIBUTED/MUCHMUSIC

New taxes urged to pave way for transit

Big Move. Metrolinx's official investment strategy receives a lukewarm reception

Among the recommended levies (money raised per year):

- 1% hike on HST for $1.3B.
- 25 cents/day on commercial parking spaces, depending on assessed property value, for $350M.
- 5 cents/litre fuel tax for $330M.
- 15% increase on development charges for $100M.

After five years of debate, the Metrolinx slate of new taxes to raise $34 billion for transit is only now facing its biggest hurdle — Premier Kathleen Wynne's minority Liberal government.

Reaction to the investment strategy was mixed on Monday after its approval at a special Metrolinx board meeting. But even municipal politicians who support the funding plan acknowledged the fierce opposition Wynne faces from tax-averse opposition parties.

CEO Bruce McCuaig defended the cost of the funding strategy to residents, saying, "Families are already shelling out over $1,600 a year in the cost of congestion. If you think about the cost of car ownership at $8,000 a year, if we can help families delay or not purchase that second or third car, that's a benefit."

In Toronto, where city council refused earlier this month to endorse a Metrolinx short-list of 11 transit taxes, TTC chair Karen Stintz said more discussion is needed.

"I think it's a good start," she said. "The tools that have been identified are probably the most fair with the exception of the parking tax."

Stintz said the parking levy, which will be based on the assessed value of the property, will disproportionately impact Toronto small businesses.

Leaving out the parking tax would leave Metrolinx short of the $2 billion a year it wants to raise.

At Queen's Park, Wynne said that public transit "is paramount in improving people's quality of life." But she was noncommittal.

"We'll be taking the Metrolinx report under advisement.... The legislature will have a say as we make a final decision," she told MPPs in question period. TORSTAR NEWS SERVICE

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Ford staffer spoke with homicide detectives

Not related to a murder investigation. Police say they wanted senior officers with expertise in conducting sensitive interviews

Toronto police detectives interviewed a senior staff member from Mayor Rob Ford's office a week ago in relation to allegations involving the widening crack video scandal.

Though two senior homicide detectives conducted the interview, the information they were seeking does not relate to a murder investigation, a police source confirmed.

Toronto police sent homicide detectives because they wanted senior detectives experienced in conducting sensitive interviews, not because a murder was involved, police confirmed.

The interview came days after the story broke about a video allegedly showing an incoherent and rambling Ford smoking what appears to be a crack pipe and making homophobic and racially charged statements.

After the police interviewed the top staffer, and as the scandal grew, there was a shooting reported in the same apartment complex where two Toronto Star reporters viewed the video. News of that shooting alarmed people in the mayor's office. The person, a man in his mid-20s, was shot in the leg in an apartment on the 17th floor. He is recovering in hospital.

A Toronto police source, speaking on background, said the interview of the top staffer (which happened prior to the shooting) was not related to the shooting.

TORSTAR NEWS SERVICE

Money cities?

Markham, Vaughan councils to mull casino bids

Markham and Vaughan are looking at jumping into the casino game again after Toronto dropped out last week.

Councils for the two cities will meet separately Tuesday night to start gauging support for a casino as part of a major convention, entertainment and hotel complex near public transit in their communities north of Toronto.

Markham council, which narrowly voted against the idea last year, will consider a motion to become a host city for a casino, subject to public consultation, analysis and a staff report with recommendations by September.

Vaughan council will hold a public session to discuss a recent staff report that emphasizes the economic upside of a casino for the city.

TORSTAR NEWS SERVICE

Grisly discovery in the west end

Police prepare a garbage bin for transport on Monday after a woman's body was found on a trail in Toronto's west end Friday. "A witness smelled a strong odour and alerted police to the scene," said Const. Victor Kwong. "Police located what they believed to be human remains." Kwong could not confirm media reports that this is a dismemberment case and that the remains were found in a bag. The case is being treated as a homicide.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Lack of evidence plagues G20 brutality case

Pics or it didn't happen.
Victim struggles to prove that cop's riot shield caused broken shoulder

The first trial of a Toronto police officer facing criminal charges in the G20 protests is focusing on photos and video of one man's arrest, though none captured the moment he says he was hit with a riot shield.

Dorian Barton, whose shoulder was broken on June 26, 2010, had ventured down to the Ontario legislature to scope out the scene.

A line of police officers had formed to the south of him, and as he was facing east taking pictures he was hit from behind, Barton said.

A witness, Andrew Wallace, said he saw Barton, 32, getting "charged" by a police officer, who hit Barton with his shield, knocking him over, and then struck Barton with his baton.

"It was disgusting," he testified. "A police officer who, with no provocation ... charged an unarmed person."

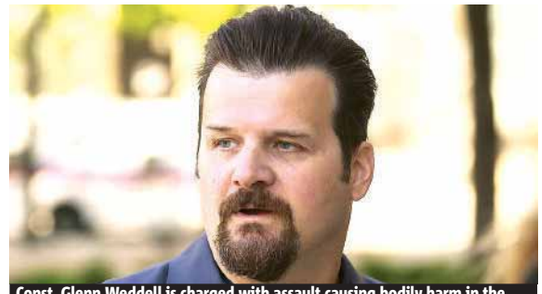
Picked from the crowd

After the arrest, witness Andrew Wallace took photos of the officer who he said had hit the victim. Those photos were used to help identify Glenn Weddell.

Const. Glenn Weddell has pleaded not guilty to assault causing bodily harm and assault with a weapon. His lawyer said at the start of the trial that the only contact Weddell had with Barton was to help him up after he tripped.

Wallace was taking photographs of Barton's arrest and two videos of it also surfaced, yet none show Barton being knocked to the ground by a shield or being hit with a baton.

THE CANADIAN PRESS



Const. Glenn Weddell is charged with assault causing bodily harm in the alleged beating of Dorian Barton. RENE JOHNSTON/TORSTAR NEWS SERVICE

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Pearson airport

Man OK after jump from moving plane

A man flying into Toronto shocked his fellow passengers when he leaped from a moving plane at Pearson international airport early Monday.

The 32-year-old Toronto man was on a flight returning from Cuba when the incident took place just after midnight.

The plane landed safely and was taxiing towards its gate when the man opened an emergency exit and jumped, said Peel Regional Police.

"The door opened and somebody on the plane had to yell out that this gentleman had opened the door," said Const. Fiona Thivierge.

"Luckily, he was not injured."

It was discovered the man had mental-health issues. He was taken to a local hospital.

THE CANADIAN PRESS

Alleged honour killing

Family terrorized slain woman: Ally

A B.C. woman whom Indian authorities believe was the victim of an honour killing planned in Canada 13 years ago spent the final months of her life in fear of her family, her friends testified Monday at the extradition hearing of her mother and uncle.

Jaswinder Sidhu was found dead in India at age 25.

Her mother and uncle are facing extradition to India on conspiracy charges for allegedly unleashing the attack on the woman and her poor, lower-caste husband.

At one time, Sidhu arranged a code with co-worker Jody Wright, one of her few confidants, that would initiate a call to police. Wright said she made that call twice.

"The code word was, 'I'm sick or I have the flu.' That was my trigger to call the cops because she was locked in her bedroom," Wright told the court. THE CANADIAN PRESS

United Kingdom

10th arrest made in street slashing

British police arrested a 10th suspect Monday in connection with the vicious street killing of a soldier in London, apparently an Islamic extremist attack.

The 50-year-old man was detained in Welling, east of London, on suspicion of conspiring to murder Lee Rigby, Scotland Yard said. Police gave no further information.

The arrest came as more details trickled out about one of the two main suspects, who were shot by police.

Officials say the pair had been known to them for some time, but revelations that one, Michael Adebolajo, had been arrested in Kenya in 2010 — and claims that security officials had tried to then recruit him as an informer — have fueled questions about whether authorities could have done more to prevent last week's killing. THE ASSOCIATED PRESS

Two-child limit. Suu Kyi condemns Myanmar's plan to revive old policy

Opposition leader Aung San Suu Kyi and Islamic leaders expressed dismay Monday over plans by authorities in western Myanmar to revive a two-child limit on Muslim Rohingya families, a policy that does not apply to Buddhists and comes amid accusations of ethnic cleansing.

Some Buddhists, however, welcomed the plan for addressing their fear of a Muslim population explosion.

Authorities in strife-torn Rakhine state said this past weekend that they were restoring a measure imposed during past military rule that banned Rohingya families from having more than two children. Details about the policy and how it will be enforced have not been released, sparking calls for clarity and concerns of more discrimination against a group the UN calls one of the world's most persecuted people.

"If true, this is against the law," said Suu Kyi, the opposition leader and Nobel Peace Prize laureate. Suu Kyi has faced criticism for failing to defend the Rohingya following two waves of deadly sectarian violence last year. She told reporters she had not heard details of the latest measure but, if it exists, "It is discriminatory and also violates human rights."

THE ASSOCIATED PRESS

The Rohingya

Myanmar does not include the Rohingya as one of its 135 recognized ethnic minorities but considers them to be illegal immigrants from Bangladesh.

- For years, the Rohingya have needed permission to travel outside their villages and to marry. Any offspring that exceeded the two-child limit were refused birth registrations, and denied the right to attend school, travel and marry.

Romania unfurls world's biggest flag

Romanians struggle to keep the world's biggest flag firmly planted on the ground in windy conditions on the Clinceni airfield, south of Bucharest, Romania, on Monday. Guinness World Records recognized Romania's 79,290-square-metre red, yellow and blue flag as the new holder of the Guinness World Record title, downing Lebanon, which had held the previous record. It took about 200 people several hours Monday to unfurl the five-ton flag, which measures 349.4 metres by 226.9 metres, about three times the size of a soccer field.

VADIM GHIRDA/THE ASSOCIATED PRESS; INSET: BOGDAN CRISTEL/POOL/THE ASSOCIATED PRESS

Japan

Osaka mayor apologizes for sex comment

An outspoken Japanese politician apologized Monday for saying U.S. troops should patronize adult entertainment businesses as a way to reduce sex crimes, but defended another inflammatory remark about Japan's use of sex slaves before and during The Second World War. Osaka Mayor Toru Hashimoto, co-leader of an emerging nationalist party, said his remarks two weeks ago rose from a "sense of crisis" about cases of sexual assaults by U.S. military personnel on Japanese civilians in Okinawa, where U.S. troops are based under a bilateral security treaty.

Hashimoto also said he had not tried to condone a system of so-called comfort women, but meant to say military authorities at the time in many countries, not just Japan, considered it necessary.

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INCLUDES downtown accom. Departs Jun 20/ggv/ac.

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INCLUDES central accom and 5-day car rental. Departs Jun 17/ggv/ac.

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INCLUDES Waikiki accom near the beach. Departs Jun 12/ggv/ws.

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Avoiding taxation has equal representation

Fighting fire with fire. Conservatives go on the offensive in response to drilling on Senate expense scandal

NDP Leader Tom Mulcair asks a question during question period in the House of Commons on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Opposition politicians have been hammering away at the Senate expenses scandal during question period, but the government is getting in some jabs of its own.

With Prime Minister Stephen Harper skipping the Monday session, as is his practice, it fell to Heritage Minister James Moore to deflect a barrage of Senate questions.

But recent missteps for both NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau made it easy for the government benches to blunt their attacks.

Mulcair wanted to know when Harper would provide answers about the $90,000 cheque written by the prime minister's former chief of staff to cover Sen. Mike Duffy's questionable expense claims.

"When will the prime minister take responsibility, show accountability and finally start answering questions?" Mulcair thundered.

Moore countered by bringing up NDP MP Tyrone Benskin, who Mulcair fired from his critic's job last week after he admitted he owed almost $60,000 in back taxes.

How many more of Mulcair's MPs are behind in their taxes? Moore wondered aloud.

Trudeau got up to promote Liberal efforts to move a motion before the Senate ethics committee to study the Senate scandal and call both Harper and Nigel Wright, his former chief of staff, to testify.

Instead, he got a pointed reminder of his comments about Senate reform, published in Montreal's Le Soleil, that landed him in hot water. Trudeau was expressing his opposition to abolishing the Senate when he pointed out that it gives Quebec an advantage — more seats than Alberta and British Columbia.

"It is kind of interesting to see him stand in the House and pretend as though he actually cares about Senate reform because he does not," Moore said.

"All Canadians should be served by national institutions and the Liberal leader should stop dividing Canadians again and again over these matters."

Outside the House, Trudeau stood by his remarks as "a statement of fact, not of opinion."

THE CANADIAN PRESS

Social (and financial) Security. New tribunal staffed with Tory donors

Up to a third of the people who landed cushy patronage jobs on the new Social Security Tribunal gave money to the Conservative party, public records show.

As many as 16 of the 48 people so far appointed to the tribunal donated money to the party, riding associations or candidates, according to Elections Canada records. None of the appointees appear to have given money to any other political party.

The finding emerged as the Conservatives faced another barrage of questions in the House of Commons on Monday over the appointments.

Questions first arose last week after it was revealed that as many as one of every five appointees to the Employment Insurance Boards of Referees — now being phased out — ran afoul of federal guidelines for political donations by giving money to the Conservative party during their terms.

How much we talkin'?

Most full-time members of the tribunal earn between $91,800 and $107,900, while some earn between $105,900 and $124,500. Vice-chairs earn up to $164,600, and the chair makes up to $231,500.

But now questions are being raised about the new Social Security Tribunal, which will eventually replace the EI referees boards when they are wound down.

The Social Security Tribunal appointments are full-time jobs that come with hefty salaries.

The Conservatives insist all appointments are based on merit. Jan O'Driscoll, a spokesman for Human Resources Minister Diane Finley, repeated the line the government has been using to respond to questions about patronage appointments.

THE CANADIAN PRESS

Good news for wannabe Mars colonizers

Blast from the past. Archaic Arctic plants show extreme resilience, offer hope

Plants that managed to re-grow after centuries buried under Arctic glaciers could prove useful for would-be pioneers hoping to explore life on other planets, research from a team of Canadian scientists has found.

The results of the study, published this week in the Proceedings of the National Academy of Sciences, suggest the land plants that form the foundations of many ecosystems are surprisingly resilient and may be a useful tool for the people who have already announced plans to set up a human colony on Mars, researchers said.

A team of biologists from the University of Alberta travelled to Ellesmere Island in the Canadian Arctic in order to survey plant life exposed by the retreat of the Teardrop Glacier.

Lead researcher Catherine La Farge said the giant ice mass has been shrinking by between three and four metres a year since 2004, exposing larger swaths of plant life for scientists to analyze.

La Farge said researchers were first struck by the fact that bryophytes — a term given to ecological building blocks like mosses and other non-vascular plants — had been almost perfectly preserved despite the vast quantities of ice that settled over them centuries earlier.

"We were sort of blown away by the biomass of intact communities being exhumed from the rapidly retreating glaciers," La Farge said in a telephone interview from Edmonton.

Those intact communities — which were entombed by the glacier some time between 1550 and 1850 — showed early signs of being dormant rather than dead, La Farge said. Many of the plants that surfaced still had a greenish tinge despite their time below the ice.

It wasn't long, however, before the team observed bright green stems emerging from the recently exposed samples.

THE CANADIAN PRESS

Been waitin' on spring for so long ...

Skiers and snowboarders dressed in costumes ski a set of stairs at the base of Blackcomb mountain in Whistler, B.C. Monday. The unofficial event marking the end of the season is called "Gapper Day" by the locals where just about anything goes. JONATHAN HAYWARD/THE CANADIAN PRESS

Study. Pot treats may entice kids

Increased use of medical marijuana may lead to more young children getting sick from accidentally eating food made with the drug, a Colorado study suggests.

Medical marijuana items include yummy-looking gummy candies, cookies and other treats that may entice young children. Fourteen children were treated at Colorado Children's Hospital in the two years after a 2009 federal policy change led to a surge in medical marijuana use, the study found. That's when federal authorities said they would not prosecute legal users.

THE ASSOCIATED PRESS

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The municipality of Saguenay, Que., has won the right to start council meetings with a prayer. DAN KITWOOD/GETTY IMAGES

Quebec council to start meetings with a prayer

Reversed. Human-rights tribunal ordered an end to practice in 2011 after complaint from resident

A Quebec municipality has won the right to begin council meetings with a prayer, following a high-profile case that became part of the province's emotionally charged identity debates.

The provincial Court of Appeal reversed the decision of a lower tribunal in the case of Saguenay, Que. It overturned the prayer ban in a decision made public Monday, saying that reciting a prayer does not violate the religious neutrality of the city.

"This case raises the difficult and delicate issue of the state's religious neutrality," the verdict said. "This concept combined elements of sociology, philosophy and law, requiring us to reconcile fundamental values of our democracy."

Quebec's human-rights tribunal had issued a ruling in 2011 ordering a stop to the prayers. It also insisted that the crucifix in the city council chamber be removed and that damages be paid to a resident who had complained.

The mayor of Saguenay, Jean Tremblay, fought that ruling in court. THE CANADIAN PRESS

Royal Caribbean fire

Cruise line flying 2,000 passengers back home

Royal Caribbean says a fire that broke out aboard a ship has forced it to cancel the rest of the cruise and that more than 2,000 passengers will be flown back to Baltimore from the Bahamas.

The cruise line says the fire that began at 2:50 a.m. Monday was extinguished about two hours later with no injuries reported. A cause wasn't immediately known.

Royal Caribbean said in a series of tweets later Monday that executives have met with passengers aboard the ship and that the cruise line is arranging flights for all guests on Tuesday. THE ASSOCIATED PRESS

The damage on a Royal Caribbean cruise ship. THE ASSOCIATED PRESS

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Prospect of U.S. border fees divides states

Proposed study. Opposition to levies is strong in communities close to 49th parallel, but folks near Mexican border feel differently

By Michael Hill's estimation, 90 per cent of the people pumping gas at his station just south of the U.S.-Canada border in Washington state are Canadians.

Gas north of the 49th parallel, he said, is about $1.30 per gallon more expensive than in the U.S. But that's not the only product Canadians seek in visits to the state: Beer, wine and milk are significantly cheaper.

Add a strong Canadian dollar and the result is a key element of the economy in the towns of Whatcom County.

That's why Hill and others are troubled by the notion of charging a fee to enter the U.S. by land. Last month, in its 2014 fiscal year budget proposal, the Department of Homeland Security requested permission to study a fee at the nation's land border crossings. That sparked wide opposition among members of Congress from northern states, who vowed to stop it.

Lawmakers and people from the southern border, though, did not show such strong opposition, highlighting a north-south divide on how to pay for border infrastructure.

Congressman Ruben E. Hinojosa, who represents a district in Texas including McAllen and its nearby border region, said fees would be good if the revenue is used to improve infrastructure.

THE ASSOCIATED PRESS

Quoted

"(A border fee would be) a deterrent. They should be doing anything they can to get (Canadians) down here to buy more."

Michael Hill, who runs a gas station just south of the border in Washington state

Waterfront airport. Both sides predict victory in jets fight

Both sides in the battle over whether to allow jets to fly out of Toronto's waterfront airport say they are confident that they will ultimately prevail.

Porter Airlines CEO Robert Deluce believes municipal politicians will give their nod because Porter's plan addresses the technical issues that concern most people.

"I think that we have an excellent chance of getting the required approvals that would allow these whisper jets to start operating by as early as January 2016," he said. Deluce was in Montreal on Monday to receive an honorary doctorate of science degree from McGill.

Coun. Adam Vaughan said he's equally sure that his colleagues will reject the effort when it comes back for a final vote. Council recently voted 29-15 to send the proposal to staff for further study. But Vaughan said many who voted yes indicated to him they did so only because they want more information to back up their opposition.

THE CANADIAN PRESS

Market Minute

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Closed for U.S. holiday

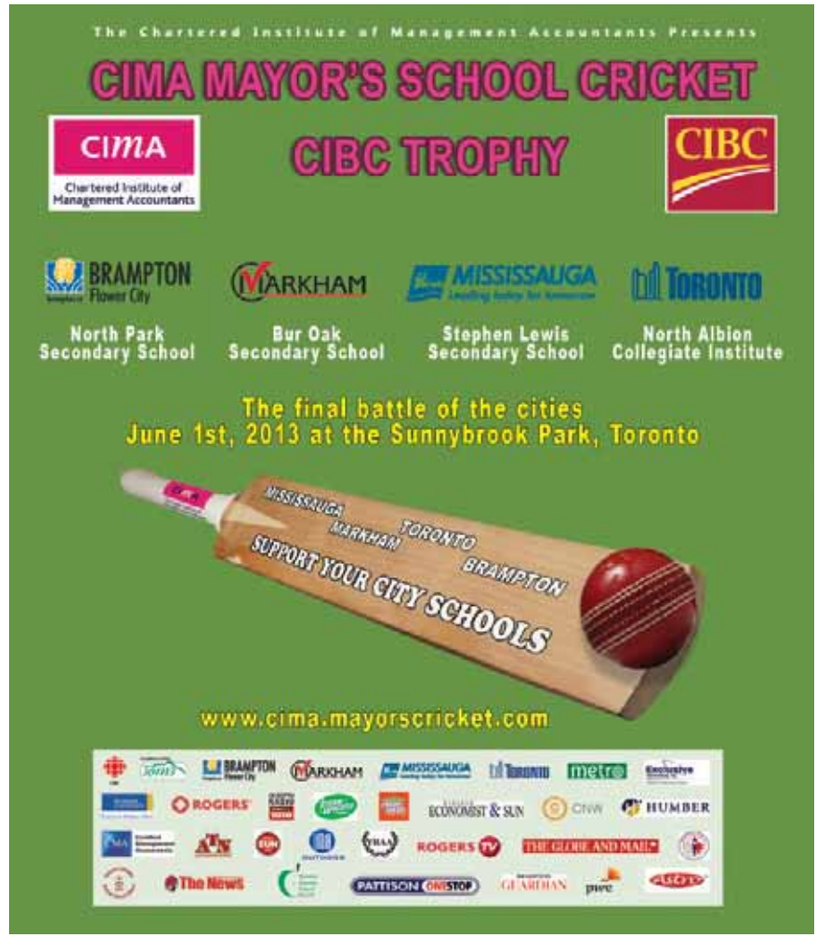
Montreal

SNC-Lavalin offers 'amnesty' to whistleblowers

SNC-Lavalin Group Inc. says it is making a limited-time offer of "amnesty" to whistleblowers in its workforce. The Montreal-based engineering giant says it won't seek damages or fire employees who provide a full, truthful report about potential corruption and anti-competitive activities.

SNC is undergoing internal and police investigations for alleged fraud and corrupt practices by some former employees.

THE CANADIAN PRESS



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FORGETTING FACES IS THE PITT'S

SHE SAYS

Jessica Napier
metronews.ca

If you're ever lucky enough to meet Brad Pitt face-to-face, you should know that he'll probably forget you right away. And it's not just because he's Brad Pitt the movie star who meets hundreds of new people on a weekly basis, it's because he might be 'face blind.'

In a recent interview with Esquire magazine, Pitt revealed that he believes he has prosopagnosia, a medical condition which makes it almost impossible for him to remember the faces of the people he meets. And while it might sound like a convenient excuse for an egocentric movie star's forgetfulness, this facial recognition disorder is actually surprisingly common — affecting about one in 50 people with varying degrees of severity.

But what about the rest of us?

A little memory lapse is forgivable every once in a while, but I think there's something inherently arrogant about individuals who make little effort to remember other people. For most of us, recognizing familiar faces isn't the main issue — it's trying to remember names.

We've all found ourselves in that awkward situation: You see an acquaintance at a party and attempt to gauge whether or not they remember you while racking your brain to recall their first name. Eventually you're introduced to one another by a mutual friend and both awkwardly pretend that you're meeting for the first time. It seems to be an unspoken social rule that it's better to play dumb than actually admit you don't know each other's names.

From professional networking events to impromptu run-ins with high school classmates, forgetting someone's name can be an embarrassing blunder for everyone involved. It's hard to say whether it feels worse to be the nameless individual who can't seem to make a lasting impression or the jerk who can't be bothered to remember other people's names.

Whenever I hear someone quip, "Sorry, I'm so bad with names," I can't help but think that what they're truly saying is, "I won't be making an effort to think about you after this conversation." Sure you might make excuses about being hopelessly forgetful, but an inability to recall names does reflect your interest level in others — at least to some degree. If you aren't particularly concerned with developing interpersonal relationships, you'll be less likely to remember if your neighbour's name is Laura or Lauren.

People who are "good with names" aren't just well-mannered; they're attentive listeners with a higher level of investment in their social circles. And it's not just about winning friends; some of the most successful businesspeople are the ones that have a knack for names and memorizing details about their clients and customers.

There's no doubt first impressions are important and although it might seem like a small detail, remembering a name is one of those vital social graces that can make or break a relationship with a new(ish) acquaintance.

Unless you're Brad Pitt of course; I'd be happy to forgive him for forgetting me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Passing the Olympic torch

DAVID VAN DYKE/METRO

Olympic pride returns home

Mark Tewksbury received the torch in Athens, Greece, in 1996, when he took part in a ceremony commemorating the centennial of the Summer Olympics. After the event, each athlete was presented with a torch to take home. METRO

Coming out sparks LGBT donation

Mark Tewksbury, winner of the gold medal for the 100 metres backstroke at the 1992 Summer Olympics in Barcelona, Spain, donated an Olympic torch in support of Come Out and Play, the gala fundraiser in support of the Canadian Lesbian and Gay Archives and OutSport Toronto.

"I wanted something to represent that moment in history," said Tewksbury, who came out in 1998, adding that, in a way, this is about passing the torch to a new generation of LGBT athletes. METRO

The archives

- The Canadian Lesbian and Gay Archives (clga.ca) is a repository for books, documents and other material related to the LGBT community in Canada.
- Among the other sports-related items at the archives is a championship belt donated by boxer Mark Leduc, who won a silver medal at the 1992 Barcelona Summer Olympics and came out in 1994.

Momentum

"It's starting to pop again."

Mark Tewksbury, Olympian, said of athletes coming out and referencing the recent announcement by professional basketball player Jason Collins that he is gay, and out soccer player Robbie Rogers making his Major League Soccer debut with the Los Angeles Galaxy last week. Tewksbury's advice to athletes trying to decide whether to come out: "Do it in your own time."

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I hate to be the bearer of bad news, but somewhere out there lurks an unflattering photo of you. Of all of us. Which means we're all one dry joke written in impact font away from becoming an unwitting Internet meme. Just ask these three, who eventually learned to embrace their, um, fame.

Scumbag Steve:

Clad in questionable fashion while leering through an open door, Blake Boston became the perfect stand-in for boorish, selfish behaviour. But, when he finally got wise to his fame he handled it like Good Guy Greg. @BlakeBoston617

Overly Attached Girlfriend:

While filming a Justin Bieber parody video, Laina Walker wore a wide-eyed stare of unhealthy devotion that became a touchstone for anybody who has dealt with a partner's warped definition of "caring." But don't be fooled, she actually seems lovely. @laina622

Grumpy Cat:

So, saying Grumpy Cat is handling her fame well would perhaps be giving too much credit to the emotional range of your standard house cat. But then again, how would you be able to tell? @RealGrumpyCat

Twitter

@metropicks asked: Canadians are making a stink over maple syrup-scented bills. How would you like money to smell?

@thepolishviking: like fresh cut greens, of course

@kerbizz: like money!! $

@CHFIErin: How would I like $100 bills to smell? Just like the inside of my purse, for starters!

@Hockeyangel10: Like a freshly brewed cup of Tim Hortons coffee!!!

@FrenchmanCanada: Imagine telling someone "You smell like a million dollars!"?

@mattsnothere: My cash usually smells like futility and sadness. So anything that's not that.

@karen_dorward: Bacon! So I can literally bring home the bacon. :)

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: torontoletters@metronews.ca

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So, you think you know Soderbergh?

Career in review. There are whispers the filmmaker has had his final hurrah — so what better time to look back on his Hollywood legacy?

MATTHEW PRIGGE
Metro World News in New York

Soderbergh has had highs and lows in his career. GETTY IMAGES

Behind the Candelabra, starring Michael Douglas as Liberace and Matt Damon as his younger lover, premiered Sunday on HBO Canada. Most of the coverage, inevitably, has revolved around two major male stars playing gay together, as well as Douglas' spot-on impersonation as the flamboyant (and closeted) pianist.

Somewhat under reported is that this is the alleged final film of Steven Soderbergh, the storied and award-winning director who, among many other things, helped breathe life into both independent and mainstream American cinema.

Soderbergh had threatened to retire a few years ago, citing exhaustion with the movie business, and even with moviemaking itself. His plan is to concentrate on painting and maybe do some TV. It's very possible (or we're simply hoping) this is a Jay-Z-style "retirement" — a sabbatical/mental health break that will set up a triumphant return to the medium he conquered. But for now, Candelabra is his swan song. (Although if you really want to be a stickler, Side Effects, his last film released theatrically, is his farewell to cinema. But Candelabra is currently in competition at the Cannes Film Festival.)

In honour of this perhaps non-ending to what we feel has been a fantastic and thrilling career, filled with excellent and experimental work that flexed the muscles of what mainstream (and underground) film can do, we've decided to round up a handful of amusing tidbits about the director that might have flown over many people's heads.

His first film was a Yes concert documentary

Soderbergh was only 26 when his debut fiction feature, Sex, Lies and Videotape, won the Palme d'Or at Cannes. Young as that seems — and he was the youngest director to have a film win the festival's top prize — it wasn't his first. That would be Yes 9012Live, released in 1985, and featuring lots of then-cutting-edge video editing effects as the prog rock legends played one of their most popular albums. (It's the one with Owner of a Lonely Heart.) Released on video, it was even nominated for a Grammy. It still took him another four years to get a real feature off the ground — but it's OK because he was still only in his mid-20s.

His ex-wife was the body double for Jessica Rabbit

Till 1994, Soderbergh was married to Betsy Brantley, an actress who has two minor credits in major motion pictures: she was the body double for Roger Rabbit's curvy wife, and she was Fred Savage's mother in The Princess Bride. Brantley also played his wife in the no-budget 1996 comedy Schizopolis, two years after they were divorced.

DVD reviews

Beautiful Creatures

Director. Richard LaGravenese

Stars. Alden Ehrenreich, Alice Englert, Viola Davis

●●●○○

A momentous life change awaits Lena Duchannes (Alice Englert) upon her 16th birthday: She'll officially become a witch or simply remain a bitch. The terminology in Beautiful Creatures, a movie of heaving bosoms, hearty winks and atrocious southern accents, is that Lena will be "claimed" by family voodoo and involuntarily turned Dark (extremely witchy) or Light (merely bitchy). You might well argue there's not much difference between the two, and that's certainly the view of Lena's erstwhile boyfriend Ethan Wate (Alden Ehrenreich), who is tired of being treated as a doormat by fretful Lena and her freaky kinfolk. But Ethan appreciates absurdity, maybe because he looks like a younger version of Johnny Knoxville from Jackass. So does the movie, written and directed by Richard LaGravenese (P.S. I Love You), which makes this inevitable attempt to fill the post- Twilight void of supernatural teen romance easy to take. **PETER HOWELL**

Amanda Bynes

Bristling Bynes lets off too much steam on Twitter

Amanda Bynes is on the warpath, taking to Twitter to blast media outlets that reported on her recent arrest and start trouble with pop star Rihanna.

Bynes tweeted directly at the singer with the shocking, "Chris Brown beat you because you're not pretty enough." She followed that up with, "I almost named my new dog Rihanna." She later deleted all posts related to the singer. As for the media, responding to E! News' report that she'd thrown a bong out her apartment window before being arrested, Bynes tweeted: "Nothing was thrown out the window! They asked if a vase was a bong, to which I replied no, that's a vase. "Stop writing pathetic articles about me! E! isn't run by beauty queens like me! I've met you all! You're a bunch of drug users and alcoholics! I don't drink or do drugs!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson packs up — pooches and all — and moves out of casa del K-Stew

Robert Pattinson spent Memorial Day weekend moving back into his own home, a Spanish-style villa similar to ex-girlfriend Kristen Stewart's and only a few miles away in the Los Feliz neighbourhood of L.A., according to TMZ. He was spotted last week removing belongings — as well as his two dogs — from Stewart's nearby home, which the two had been sharing. Stewart, meanwhile, was caught off-guard by a swarm of paparazzi in an underground parking garage this weekend and responded with a pair of middle fingers.

Controversial Polanski takes a pop at the Pill

Roman Polanski isn't necessarily a fan of birth control, complaining during a press conference in Cannes for his new film, Venus in Furs, that the Pill has had a "masculinizing" effect on women. The 79-year-old director says the Pill has "changed the place of women in our times." He also gripes that moves toward gender equality are having a negative impact on chivalry, noting that "offering flowers to a lady" has now become "indecent." Polanski's wife, Emmanuelle Seigner, stars in Venus in Furs as a strong actress dominating her director during the production of a play.

Roman Polanski

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Without protection, summer paradise can be a nightmare

Summer health. Check your body — and your SPF — to stay safe this summer when you're having fun in the sun

Even though skin cancer can be as deadly as breast or any other cancer, people still take chances with sun and tanning bed exposure. Every year, there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined, according to The Skin Cancer Foundation.

We had Dr. Sarah Gora, medical and scientific relations leader at Vichy Laboratories, and Dr. Ellen Marmur, a board-certified dermatologist and member of the American Academy of Dermatology, give us the lowdown on staying healthy.

Are people wearing enough sunscreen?

"No, most people don't, and most people apply sunscreen too thinly. At Vichy we recommend using half a teaspoon for the face and at least 30 ml (the equivalent of a golf ball) for an adult body," says Gora. A good general rule, she adds, is to reapply every two hours of sun time. If you're swimming and perspiring apply more often. "(People) forget about their ears, their neck, the back of their hands, parts of their feet, their scalp and their lips. And if you can't reach it, have someone apply sunscreen there for you."

What SPF should we all be wearing?

"The choice of the SPF index (UVB only) depends on your skin's phototype and the sun exposure length and intensity. If your phototype index is low (fair skin), it requires a higher SPF index," says Gora. "Intense exposure to sun, such as a day on the beach, also requires a higher SPF index and a protection against UVA. For a weak sun exposition and for the average person, we recommend a minimum SPF index of 30."

Seriously, stop tanning

"Tanning beds are known to increase the risk of skin cancers by 75 per cent," Marmur says. "No one should use them."

Can you please explain the difference between UVA and UVB?

"From sun radiation, we receive ultraviolet (UV) rays A and B (UVC are globally stopped by the ozone layer). UVB (five per cent of UV rays) are well-known to be responsible for tan and sunburn, but they are also involved in skin cancer development," says Gora. "UVB rays do not cross through glass and are partially absorbed by cloud. Therefore they are mainly present during the summer and between 10 and 2 p.m. UVA (short and long) represent 95 per cent of the UV radiation received. They are not blocked by glass and they are responsible for immediate pigmentation, skin aging, sun intolerance and skin cancer. Long UVA, the most prominent UV rays (75 per cent of UV rays) penetrate deeply into the skin and are responsible for many damages in the skin with a build-up and long term effects."

LINDA CLARKE AND METRO

Tanning beds

Did you know?

- **Get out of the bed.** Just one (one!) session in a tanning bed ups your risk of melanoma by 20 per cent, according to The Skin Cancer Foundation.

Metro's pick

- **Hate the greasy feel of sunscreen?** Vichy Capital Soleil Sheer Lotion SPF 45 Bare Skin Feel ($29.95) is designed to feel light on the skin, with a non-oil or sticky finish.

Lather up before you lap up those rays. ISTOCK PHOTOS

Superstar support

Landon Donovan on why sunscreen matters

Landon Donovan has won titles on the pitch, but now he's trying to help out off it.

"I've spent most of my life playing soccer outdoors, but I wasn't always diligent in applying sunscreen. That all changed when my father discovered a bump on his eyelid that turned out to be skin cancer. My father was lucky to have caught it early. He's now cancer-free. Many men overlook the importance of sun protection. In 2012, The Skin Cancer Foundation found that nearly half of men don't wear sunscreen. So, I've partnered with The Skin Cancer Foundation and the makers of Banana Boat and Hawaiian Tropic sunscreens to educate men on the risk and how they can protect themselves. Visit sunblunders.com to learn more."

Landon Donovan. GETTY IMAGES

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ADVANCING GENERICS

Avoid allergen triggers to keep your guests safe

Summer health safety. Don't wait for the worst to happen, make sure you ask your guests before you serve up some bbq

Make sure your bbq is a success by being a pro-active chef. ISTOCK PHOTO

When it comes to summer barbecues, one allergy expert says it's wise to ask guests about food sensitivities long before you fire up the grill.

"Have that conversation with them before they come about what options would be good for them, what alternative choices might be good for them," says Marilyn Allen, a food allergy and anaphylaxis consultant.

"The goal would be to either avoid those allergens in your menu, in your recipes, or to make a separate plate or separate serving for the person who's allergic."

Anaphylaxis is a potentially life-threatening allergic reaction that can take place within seconds or minutes after exposure to an allergen.

Allen's daughter Robyn died at age 15 in 1990 when she ingested a microscopic amount of peanut butter that was transferred from a knife to the butter that Robyn later spread on bread.

Since then, Allen has lobbied Health Canada to change food labelling and helped author a new training manual called Allergy Training Basics for the Foodservice and Food Retail Industry, published and distributed by Anaphylaxis Canada and TrainCan Inc.

Last August, new rules came into effect requiring manufacturers to clearly identify the presence of ingredients that could cause an allergic reaction. Health Canada lists 10 priority food allergens in the regulations, including peanuts, eggs, milk, mustard, tree nuts, wheat, soy, sesame, seafood (fish, crustaceans, shellfish) and sulphites (a food additive).

THE CANADIAN PRESS

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PLEASURE IS GOOD FOR YOUR HEALTH

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Sexual stimulation doesn't just feel good — it's good for you. Whether you enjoy it with a partner, or alone, an aid such as a vibrator can offer beneficial health results. You will live a healthier, happier life, and have fun doing it.

The truth is, your body knows what it needs. According to Dr. Mary Jane Minkin, author of The Yale Guide to Women's Reproductive Health, lack of sexual activity can lead to conditions such as vaginal atrophy — that is, vaginal dryness or weakening of muscle tone in the pelvic region. Women suffering from vaginal atrophy may experience painful sex and, as a result, be even less sexually active. Yet, sex itself can be the antidote that helps break this cycle.

"Sexual stimulation releases hormones that positively affect a woman's overall health and well-being," Minkin says. "It keeps her vagina youthful."

Sexual health is easy to neglect when one is busy, tired, or feeling down. Ironically, sex can help alleviate these problems too — it lowers stress levels and improves one's mood. By setting aside a little time for your own satisfaction, you can improve your outlook on life, along with your enjoyment of sex overall.

For many women, regular sexual activity with a partner is not an option. But they can still enjoy the same benefits, thanks to We-Vibe, maker of the world's top-selling sexual wellness products. We-Vibe makes several vibrators designed for women with different lifestyles or at different life stages. The We-Vibe couple's vibrator is the bestselling pleasure product in the line. It offers couples an enhanced sexual experience for both him and her.

"When a patient is not particularly sexually active, I encourage her to consider a vibrator," Minkin says. "It helps protect the pelvic floor by increasing blood flow to that area of her body."

The more a woman enjoys a sexual experience, the more likely they are to desire it more often, boosting the health benefits.

"The vagina, like any muscle, is best kept healthy with regular exercise" Minkin says. "If you don't use it, you can lose it."

We-Vibe sexual health products can be found at major drugstores, including London Drugs and Rexall, in women-friendly adult stores, or at we-vibe.com.

Shellfish Kabobs are easy as presto, or in this case, pesto

This recipe serves four and contains 229 calories and 11 grams of fat per serving. BRIAN MACDONALD, ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

These shellfish kabobs make a great appetizer or an entree when served over rice or couscous. If shellfish isn't what you like, fish such as salmon and halibut are equally delicious. Feel free to use any combination of vegetables (as in the photo).

If you're using wooden skewers, soak them for at least 20 minutes in water before barbecuing.

1. Thread the scallops, shrimp and tomatoes evenly onto 4 large or 8 small skewers.

2. To make the pesto, purée the basil, Parmesan, pine nuts, cream cheese, garlic, stock and oil in the bowl of a small food processor until smooth. Brush half the pesto over the kabobs.

3. Preheat a grill to high, or spray a non-stick skillet with cooking oil and place over high heat. Grill or sauté the kabobs on both sides just until cooked, about 5 minutes. Serve with the remaining pesto. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutrition per serving

229 calories, 25 g protein, 11 g fat, 2.3 g saturated fat, 5 g carbohydrates, 110 mg cholesterol, 211 mg sodium, 2.1 g fibre

Ingredients

- 8 oz medium scallops
- 8 oz peeled and deveined large shrimp
- 16 cherry tomatoes (or a combination of bell pepper and red onion)
- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp low-sodium chicken stock or water
- 2 tbsp olive oil

Health Solutions

Vinegar isn't just for windows

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Thank goodness the balsamic vinegar bullying is over.

The range of vinegars goes well beyond the bold or the pale white. The nuance of tastes and uses of vinegar is coming into its own.

Aging in oak barrels and imported starters called "vinegar mother" are creating exquisite products.

Gingras Vinegars, for instance, say "the noble vinegar mother from France converts alcohol to acetic acid in apple cider. The oak cask imparts flavour and colour." Sounds a lot like fine wine and not something you sprinkle on fries.

- Snazzy cocktail makers are using a splash in drinks
- Salads benefit from a finer, less sharp, richer vinegar
- Many swear by a teaspoonful of apple cider vinegar for indigestion
- A splash of vinegar in a broth helps remove calcium from bones to the liquid
- Boil down a cheaper vinegar to intensify its flavour and use as a drizzle

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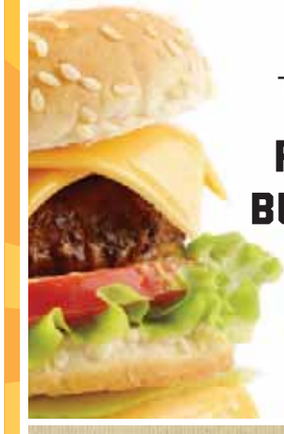

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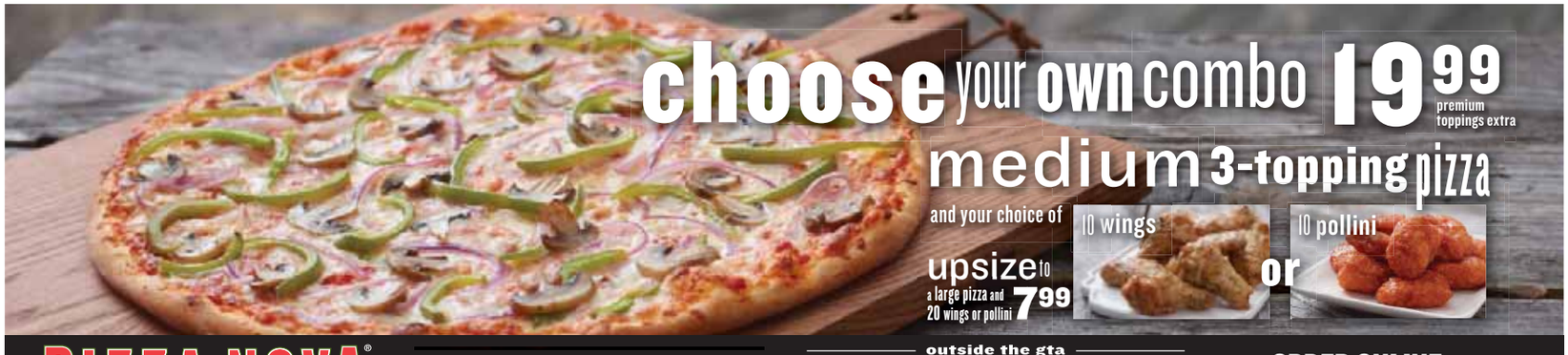
*any alcohol drink must be purchased during happy hour to get a free complimentary food, must be of legal drinking age. While quantities last. Richtree College Park's Outdoor Patio 444 Yonge St, Unit M9 Toronto, ON M5B 2H4 Tel. (416) 849-9241 www.richtree.ca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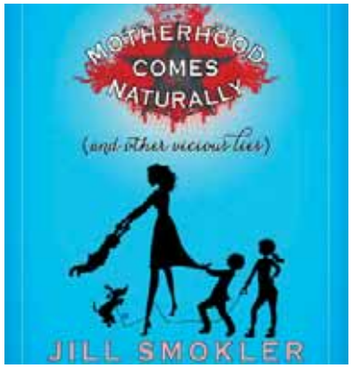
These moms curse a lot, drink to excess, reveal scary truths and draw twisted little stick figures of their kids pooping and whining relentlessly. And they're bringing their derelict parenting to you. The authors behind a fresh round of parenting books love their munchkins, to be sure, but there's something about the scorched earth narrative that sells memoirish parenting books these days. Is the goal an instructional one? Inspirational? How about some advice?

THE ASSOCIATED PRESS

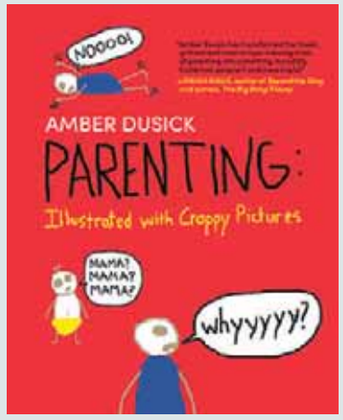
Four ways to get fresh parenting advice



Scary mommy

Jill Smokler's Scary Mommy certainly can't do it all. Motherhood Comes Naturally (And Other Vicious Lies) is her second spin off of her popular blog and parenting community at Scarymommy.com. The first was Confessions of a Scary Mommy. The 35-year-old mom of three, including boys just 20 months apart, has noticed a difference in exactly how much filth and frustration parents are willing to reveal in the five long years since she first put up her blog.

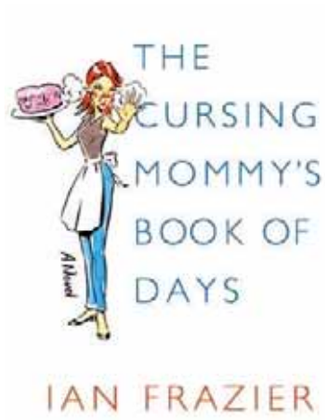
"There wasn't this acceptance about being this sort of less-than-perfect mother, but all of a sudden it feels like that is becoming the norm rather than the exception," said Smokler, in Baltimore, Md. "There came a tipping point where everybody just couldn't keep up that facade anymore and there was just a backlash, and here we are."



No advice

"No, there isn't any. I don't have anything. No advice. Nobody has any advice," laughed Amber Dusick, a Los Angeles mother of two who brings us Parenting: Illustrated with Crappy Pictures. The book's 50 "crappy laws of parenting" include this at No. 16: "When you sneak to the pantry to eat chocolate, you will get caught."

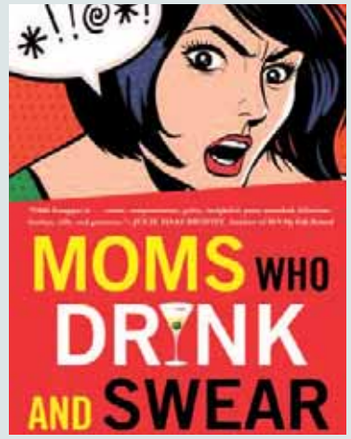
Dusick, whose boys are six and three, began blogging nearly two years ago. Her childlike drawings lend a creepy air to life with the Crappy family, including that fateful day when they all get sick. Tempers and temperatures flare, and bodily fluids fly all night, brought alive by her hollow-eyed illustrations.



The expletive-infused parent

Ian Frazier's popular cursing mommy character from his columns in The New Yorker now has her own novel called The Cursing Mommy's Book of Days, a diary of dereliction spread over a year of boozing, bad parenting and expletive-infused mockery of a capacitor-hoarding husband named Larry.

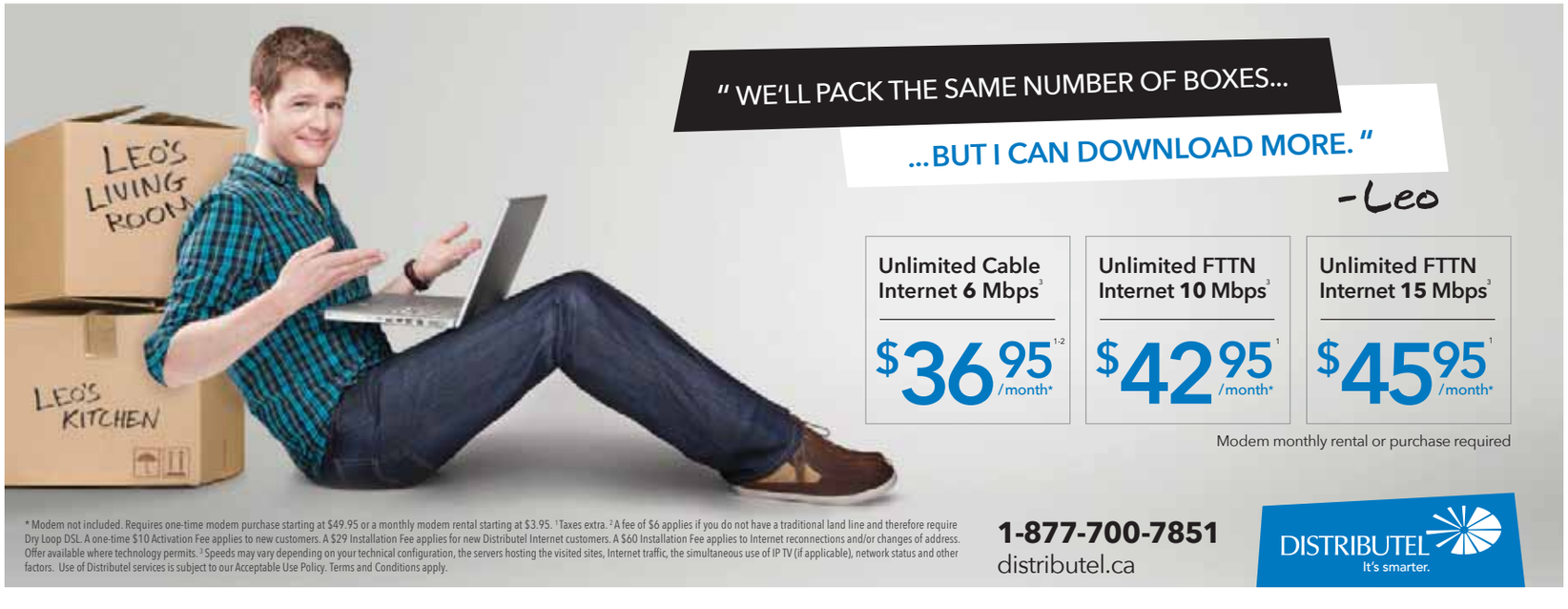
There's this entry for Wednesday, April 13: "Yes, lying in a steaming tub with a bottle of Kahlua and ignoring the children's knocks on the bathroom door all afternoon is not the most mature coping strategy. So stipulated, your honour!"



Can you do it all?

"We've opened up the dialogue," offered Nicole Knepper, who has two kids and wrote Moms who Drink and Swear, complete with a chapter titled, Suck it, Santa Claus.

"People have really found ways to be more authentic about who they are and how it affects us as parents. My mom's generation, they did a lot of pushing down their own interests and their own personalities because they were all about the kids, and this was their job and their focus, whereas my generation (She's 43 and lives in Plainfield, Ill.), the expectations are different. You multi-task. You do it all, only nobody can do it all well."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YOUR MONEY
Alison Griffiths
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The first time is special — when it comes to home ownership.
ISTOCK IMAGES

There are a few million millennials dying to have a home of their own.

However, despite record low interest rates, they're confronted with huge challenges not faced by previous generations.

Aside from anything else, research is clear that young buyers are earning relatively less than their parents did with reduced job security and fewer benefits regardless of education.

The good news is the real estate market is softening. Sales volumes are declining and unsold inventories are building, historically both are precursors of lower prices.

For example, the Halton Region is a desirable community served by rapid transit just outside Toronto. According to real estate and mortgage agent Domenic Manchisi, residential inventory stood at 1.9 months a year ago. It's now 2.6 months, meaning if no other properties came on the market it would take that long to sell everything.

"When inventories reach about four and a half months we're slipping into a buyer's market," he says.

It's still a far cry from 2009 when there was 7.5 to eight months of inventory in Halton. However, there are clear signs across the country that the trend is similarly tilting in favour of house hunters.

The toughest part of buying for newbies is the down payment. Manchisi advises buyers to focus on carrying costs, which are relatively lower than they were for their parents.

TD senior economist Sonya Gulati points out that 1988 average house prices were just under $130,000 in Canada. Today they are just more than $361,000.

Assuming a typical 10 per cent down payment, milliennial parents had monthly mortgage costs of $1,310 with an interest rate of 12 per cent. Today, at a three per cent fixed rate and with a 20 per cent down payment (required to avoid mandatory mortgage insurance) the monthly outlay would be $1,391. (Bear in mind today's dollar has considerably less buying power than it did in 1988.)

"Young buyers should look at a five-year closed rate at around 2.9 per cent, but I'd be accelerating my payments as if it was four per cent," Manchisi advises.

Manchisi refinanced his rental properties when rates plunged but kept the payments at 5 per cent.

"I shaved six or seven years off the life of the mortgages and will end up saving $90,000."

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

5.4%

Canadian residential home prices grew by an average of 5.4% annually from 1980 to 2012.

Make a difference

Socially responsible investing

If you regularly watch the evening news, you likely have seen stories about social activism and massive protests in support of issues like the environment. Not only are protesters trying to communicate directly with the public, they are also asking some corporations to change.

These are noble causes that sometimes involve a level of personal risk. Another way of exacting change is by working with companies from the inside. In other words: investing in them. According to Rosalie Vendette, senior advisor in socially responsible investment (SRI) with Desjardins Group, SRI is an emerging field that is still defining itself.

"It's really about engagement, not activism," says Vendette. "An engaged investor seeks to persuade management to adopt more responsible environmental, social and governance practices. A common way to sway management is to draw attention to these concerns through direct dialogue. While consumers have the power to decide whether or not to buy a product, investors wield their power in a much more strategic manner. For example, companies that fail to address the environmental impact of their operations can do serious damage to both their public image and their pocketbook. Conversely, companies that reduce their environmental footprint see their stock rise in more ways than one." NEWS CANADA

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The black and white blahs

Finding your labour of love. Escape life on the polar ends of professionalism with Live in the Grey

Loving your job just might be the oldest career objective out there. For the founders of the website Live in the Grey (liveinthegrey.com), it's the idea they hope to make into a movement. Friends Maneesh Goyal and David Munczinski decided that the new crop of entrepreneurship-minded young people would benefit from a place to find out how people like them — with an idea and some passion — were able to merge what they love with what they do. We asked founder Maneesh Goyal for his advice for young professionals.

So, what is your advice for people just starting out?

We believe your first step has to be discovering and defining what moves you. For me, it was as simple as sitting down and writing out "what doesn't feel like work." I took these passions and eventually entered the event marketing industry.

What makes you tick?

You have to start by truly defining what is fulfilling to you. For us, fulfillment is the cross-section of personal and professional, and fulfillment is fundamentally necessary to sustain anyone in their career.

Maneesh Goyal
Live in the Grey

People are making their own paths more frequently now. What's your practical advice to them?

Before you can chart your own path — whether in a company, as a freelancer or as an entrepreneur — you need to have a clear vision for where you are going, while being open to unforeseen changes. You have to start by truly defining what is fulfilling to you. For us, fulfillment is the cross-section of personal and professional, and fulfillment is fundamentally necessary to sustain anyone in their career. We highlight the stories of people that are "grey" to inspire people to get there on their own.

What scared you most about taking the leap into a new venture?

The most intimidating aspect of starting Live in the Grey was overcoming the fear that our philosophy was only a personal outlook we share as co-founders. Was anyone going to appreciate and be inspired by these ideas?

Fortunately, we have found an engaged audience through our site and events. This is always a risk for a person or a group starting a venture with a mission.

Our message is "risk makes life remarkable" — and that means redefining risk from something to be scared of into something to embrace.

METRO WORLD NEWS

What's in store

These are chocolates with Sol

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: ChocoSol

What: An independent, fair trade chocolate shop

Where: 225 Geary Ave #3, Toronto

Why: "Going directly to the farmers in Mexico for our chocolate is something we'll be doing for the rest of our career. They're not just our suppliers, they're our partners," says Mathieu McFadden, wholesale manager of ChocoSol.

We've heard that chocolate can be an antioxidant, but who knew that buying it could cleanse your conscience as well. TAKARA SMALL

You can't put a price on good food, says Mathieu McFadden, wholesale manager of ChocoSol.

"Most of the (drugstore) chocolate is put through an industrial process and made with cheap vegetable oil and chemicals so the product can stay on shelves for weeks," he explains. "We don't do that. We use simple whole food ingredients. We don't refine out the cacao in our chocolate and you can taste it. That's why people pay a little more for our chocolates."

Their kitchen, located at 225 Geary Ave., is filled with treats made by socially conscious chocolatiers who are on a mission: to bring a different (read: ethical) type of chocolate to Toronto, while trying to save the world in the process. It's a lofty goal for any company, let alone an enterprise like ChocoSol that uses bikes (and occasionally a mini-truck) to get its product around the city.

Owner Michael Sacco launched the business in 2006. He saw chocolate as more than a sweet treat — he saw it as a tool to engage remote communities in southern Mexico.

ChocoSol trades directly with farmers who grow cacao, which is used in chocolate, paying fair wages that are $2 to $3 above fair trade prices, McFadden says. "Just because the world market has devalued the cacao bean doesn't mean we have to adhere to a price established on the New York stock exchange … We pay above fair trade because we value food traditions, culture quality and the relationships with our producers."

Customers clearly agree. The shop has managed to stay in business without changing their unorthodox business model simply because customers love the chocolates they create.

Not one to sit on the sidelines, I decided to try their chocolate. And, surprise, surprise: I actually loved it. The chocolate I liked most was Five Chili Bullet, which comes as no surprise to anyone who knows me, because it has a nice kick to it that is so worth the calorie count.

Go to metronews.ca/voices/mom-and-pop-shops/ to see the wizards at ChocoSol turn raw chocolate into delicious treats.

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NFL

MVP Peterson on gay marriage: 'I'm not with that'

NFL MVP Adrian Peterson says he has family members who are gay whom he loves and respects. But on gay marriage, the Minnesota Vikings running back says "that's not something I believe in."

Peterson made his comments in a recent interview with Sirius/XM NFL radio. He was asked his thoughts on the Vikings cutting punter Chris Kluwe, an outspoken advocate for gay rights.

Peterson says he considers Kluwe a good friend. He said: "I have relatives who are gay. I'm not biased towards them. I still treat them the same. I love 'em. But again, I'm not with that. That's not something I believe in. But to each his own." THE ASSOCIATED PRESS

NASCAR

Fox Sports still unsure why camera cable snapped

Fox Sports says on Monday it still had not determined why an overhead TV camera cable snapped during the Coca-Cola 600.

The network says a full investigation is underway and use of the camera is suspended indefinitely. Earlier, NASCAR said it would wait for Fox Sports to conclude its review before deciding if such technology would be used in future races.

Charlotte Motor Speedway said 10 people were injured when part of the drive rope landed in the grandstand; three were taken to hospitals. All were checked out and released soon after.

THE ASSOCIATED PRESS

Women's hockey

"You get to see people ... under fatigue and adversity and that's really when the true character and personalities come out."

Hayley Wickenheiser on Monday as the Canadian women's team left on a three-week boot camp to Penticton, B.C.

Sorry Lawrie: Jays 3B gives apology for dugout dust-up

MLB. Feisty Canadian takes onus behind closed doors for yelling match with manager

Brett Lawrie apologized to the Blue Jays on Monday after an angry dugout exchange with manager John Gibbons.

Lawrie was fired up after teammate Adam Lind was held by third base coach Luis Rivera on Lawrie's fly ball in the ninth inning of Sunday's 6-5 victory over the Baltimore Orioles.

When Lawrie returned to the dugout, he and Gibbons yelled at each other as Jose Bautista stepped in to talk down the third baseman from Langley, B.C. The argument became a moot point shortly after when Munenori Kawasaki hit a two-run double to give Toronto the win.

Lawrie declined to speak to media before Monday's 9-3 win over the Atlanta Braves, but he addressed his teammates privately. Gibbons said he'd spoken to Lawrie and considered the matter settled.

"It's over with. We dealt with it. We've just moved on," said Gibbons.

Bautista also tried to downplay the exchange, and repeated he believed Lawrie had been confused by what was happening on the field.

"Everyone noticed his reaction was not the best," said Bautista. "But I talked to him and I understood that he got confused a little bit. Caught up in the moment, that's it. It's in the past. It got addressed. Shouldn't be any problem moving forward."

Lawrie, who was batting .199 with five homers and 14 RBIs in 36 games going into Monday's game, is known for his fiery temper and all-out style of play that has sometimes gotten him into trouble since making his major-league debut with the Blue Jays in 2011.

"His intensity is what makes him good. So I don't think that he should not play with intensity or dial it down," said Bautista.

THE CANADIAN PRESS

Gibby gives up the grudge

"I like Brett. I'm glad we have him.... It just blew up on him yesterday but it's over with as far as I'm concerned."

Jays manager John Gibbons on Brett Lawrie

Brett behaving badly

It was an eventful weekend series against the Orioles for Brett Lawrie.

- The 23-year-old was also ejected from Friday's game after a strikeout when he dumped his helmet and tossed his batting gloves in a manner that umpire Dan Bellino took offence to. Jays manager John Gibbons was also ejected for coming to Lawrie's defence.

Brett Lawrie, seen here hugging fellow Jay Edwin Encarnacion last month, apologized to his team on Monday after a heated exchange with manager John Gibbons during Sunday's game against Baltimore. RICK MADONIK/TORSTAR NEWS SERVICE

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Horoscopes

♈ Aries
March 21 - April 20
Think big today. With so much activity in the mind area of your chart, your brain will be overflowing with ideas. Many of them will be good.

♉ Taurus
April 21 - May 21
Venus, your ruler, links with Jupiter, planet of good fortune, in the money area of your chart today, which suggests good things if you think positive and act fast when an opportunity arises.

♊ Gemini
May 22 - June 21
No matter how many serious issues you have to take care of, you must make time for some fun over the next 24 hours. There are so many great things going on in your world. Don't miss out on them.

♋ Cancer
June 22 - July 23
You may be tempted to keep your thoughts to yourself because you don't want to rock the boat but you know that would be a mistake. If you see an injustice, speak up.

♌ Leo
July 24 - Aug. 23
Push work worries to the back of your mind and focus on friendships. You cannot escape your obligations but neither do you have to let them rule your life. Think happy thoughts and happy things will occur.

♍ Virgo
Aug. 24 - Sept. 23
Whatever it is you have to work on today, you will be at your most efficient. Not everyone is as organized and focused as you though so try to be patient with those who find it hard to keep up.

♎ Libra
Sept. 24 - Oct. 23
Someone you work with will get on your nerves today but be tolerant because they possess something you need. It's unlikely they will choose to give it to you if you hurt their feelings.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much about the injustices of the world because you cannot possibly resolve them all. What you can do though is be kind to people you meet one-to-one. Even a smile makes the world better.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't listen to that nagging voice at the back of your mind that is trying to convince you that having fun is a sin. Life is about loving and laughing and learning. Have more fun.

♑ Capricorn
Dec. 22 - Jan. 20
Do something that shakes up those people who seem to have slipped into an easygoing mode of thought and action. There is a world out there waiting to be conquered.

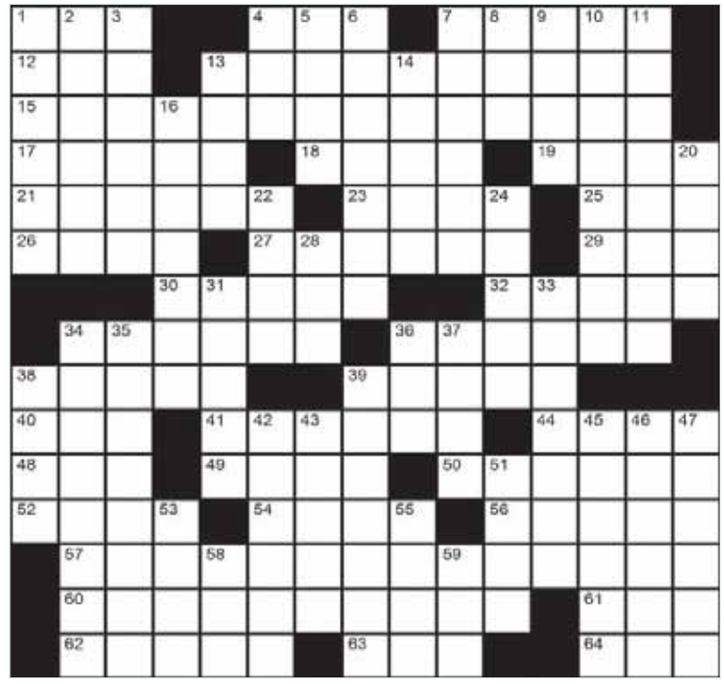
♒ Aquarius
Jan. 21 - Feb. 19
Your conscience demands that you follow a certain course of action and you know from long experience that if you don't obey, you will regret it later. Do what has to be done and make sure you do it well.

♓ Pisces
Feb. 20 - March 20
You may want to gossip today but keep what you know to yourself. If you get a reputation as a bit of a blabbermouth, no one will tell you anything.

SALLY BROMPTON

Crossword: Canada Across and Down

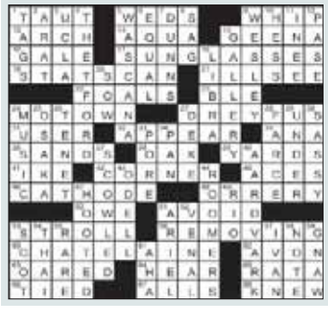
BY KELLY ANN BUCHANAN



Across
1. Canuck financial inst.
4. '70s sitcom starring Don Rickles, "___ Sharkey"
7. Ancient philosopher
12. Leandro's beloved
13. Metal band of "Run to the Hills": 2 wds.
15. Water between PEI and NB/NS, __ Strait
17. Tedium
18. Mark from hail damage
19. Calendar's period
21. Surgically-inserted 'tubes'
23. __-tongued
25. Tina Turner's birth name, Anna __ Bullock
26. Head, in Hull
27. Moviedom's Jack Sparrow, for one
29. Plane's take-off info
30. Reprimand
32. Bluegrass instrument
34. Gets around, as an issue
36. __-Anne-des-Monts, Quebec
38. Feudal†lord
39. Johnny Depp's role in movie "The Lone Ranger"
40. Insect immobilizer
41. Walked confidently
44. Commercial, e.g.: 2 wds.
48. Ball
49. Cooking fat
50. Ground sesames paste
52. Actress Ms. Phillips
54. Father of Manitoba
56. Mails
57. Gothic church's architectural support: 2 wds.
60. Aristocratic headwear at races or weddings
61. Riddle-me-__
62. Followers
63. Snazzy stone
64. Yeps

Down
1. Make a new home, as a bird
2. English novelist Emily (b.1818 - d.1848)
3. Trumpet-like instrument
4. Grand __ (Wine classification)
5. Ceremonial magnificence
6. In agreement, as with a project: 2 wds.
7. "Sit down already!": 2 wds.
8. Rap music's Kim
9. Meat Loaf's birth name, Marvin Lee __
10. Slumlord's housing
11. Michael __ (Canadian author of Booker Prize winning novel The English Patient)
13. "___ the jackpot!!!"
14. Holy birthplace of Muhammad
16. Listens to the radio: 2 wds.
20. Fix over again
22. Detect
24. Credit's opposite
28. They, in Montreal
31. Salad green
33. One more
34. Lawmen in Western movies
35. Reason for Madonna's red string bracelet
36. Saskatchewan attraction, Addison __ House
37. Without _ __ (Daringly)
38. Deuces
39. One's great for carrying books: 2 wds.
42. Produce purchase
43. Rule on the throne
45. Hangout for grapes
46. CBC's Atlantic Canada themed program, "Land __ __"
47. Slangy insults
51. Stars sci.
53. Wall St. landmark, commonly
55. Minstrel's pear-shaped instrument
58. Freezer tray content
59. Mr. Cruise

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		9		3		2	
		6	4		5	1		
	5	3				7	8	
			7		2			
2								1
			5		4			
	3	1				5	4	
		2	3		8	9		
	8		1		6		3	

Yesterday's Sudoku

2	1	4	3	6	8	7	9	5
6	8	9	1	7	5	3	4	2
7	3	5	9	2	4	8	6	1
9	7	8	4	1	6	5	2	3
1	5	3	2	8	9	6	7	4
4	6	2	7	5	3	1	8	9
5	9	7	6	4	1	2	3	8
8	4	6	5	3	2	9	1	7
3	2	1	8	9	7	4	5	6

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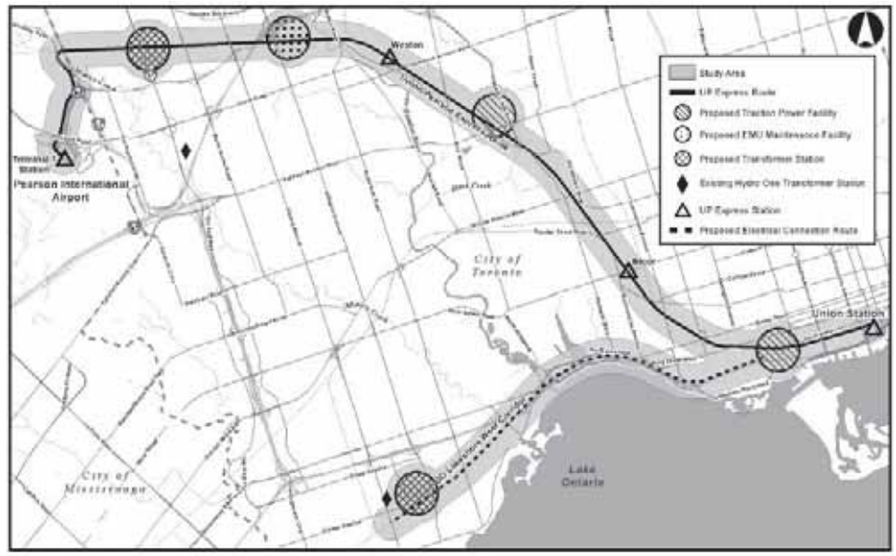
PUBLIC OPEN HOUSE

UNION PEARSON EXPRESS ELECTRIFICATION ENVIRONMENTAL ASSESSMENT

Metrolinx, an agency of the Province of Ontario, is helping to transform the way the region moves by championing and delivering mobility solutions for the Greater Toronto and Hamilton Areas (GTHA).

Metrolinx completed the GO Electrification Study in December 2010, which examined electrification of the entire GO Transit rail system as a future alternative to diesel trains currently in service. Based on the findings of this study, Metrolinx initiated the Environmental Assessment (EA) for electrification of the Union Pearson (UP) Express service from Union Station to Toronto Pearson International Airport. The proposed undertaking involves electrification of approximately 25 km of track along the Union Station GO rail corridor and the Kitchener GO rail corridor, beginning west of the Union Station train shed to Highway 427, where the route then follows the new UP Express spur link into Terminal 1 (Toronto Pearson). The key map below shows the EA study area, including proposed locations for traction power facilities and a maintenance facility as well as a section within the Lakeshore West GO Transit rail corridor where a low voltage electrical feeder line is proposed.



The scope of the project includes engineering design of the electrical power supply and distribution for UP Express service and completion of an EA study to assess the potential effects of converting the UP Express service from diesel to electric power.

Electrification of UP Express will necessitate up to two new transformer stations (see key map). The transformer stations will be supplied from the Hydro One network.

Metrolinx is carrying out an EA to satisfy the requirements of O. Reg. 231/08 - Transit Project Assessment Process (TPAP). As part of the EA process, Metrolinx is holding a series of Public Open Houses to share a project update and seek feedback on the following:

- Overview of Conceptual Design for UP Express Electrification:
  - Traction power supply
  - Traction power distribution
  - Maintenance requirements
- Overview of EA Studies
- Next Steps

Interested persons are encouraged to attend the Open House:

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Monday, June 10, 2013
Metro Hall
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Time: 6:30 p.m. – 8:30 p.m.

Tuesday, June 11, 2013
Mimico Presbyterian Church
119 Mimico Avenue
Etobicoke, ON M8V 1R6
Time: 6:30 p.m. – 8:30 p.m.

Wednesday, June 12, 2013
Mount Dennis Legion
1050 Weston Road
Toronto, ON M6N 3S2
Time: 6:30 p.m. – 8:30 p.m.

For additional information on this project, please visit: **www.gotransit.com/electrification**.

Consultation with the public, review agencies and Aboriginal communities is a key component of the UP Express Electrification EA. If you would like to submit a comment or question or receive additional information related to the UP Express Electrification Project, please send an e-mail to the project team at: **electrification@metrolinx.com**.

Pour plus de reseignements, veuillez composer le 416-869-3200 ou le 1 888 GET ON GO (438-6646).

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